



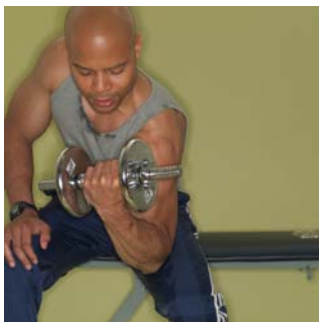
## Women's Health Day a great success

To promote National Women's Health and Fitness Day at CHFS, the Division of Women's Physical and Mental Health provided fun fitness opportunities all day on Sept. 28. The day's activities offered CHFS employees at the CHR Complex a chance to try some new physical activities and brush up on some familiar ones including yoga, stretching, dancing and more.

Thanks to all who participated and made this day a great success. Photos from the event can be found at <http://chfs.ky.gov/olpa/dc/focus/fw>.

## Staying motivated during winter months

Let's face it - exercising during the winter just isn't as much fun as snuggling up in front of the fireplace with a cup of hot chocolate. Staying motivated, it seems, is an ongoing struggle that generally begins as soon as the mercury starts dropping.



According to the Centers for Disease Control, one-third of Americans are almost completely inactive during the winter months. Sticking to a winter exercise regimen can be tough, particularly for people who enjoy outdoor physical activities like running and swimming.

It's important to remember that winter is an excellent time to cross train. Plus, continuing to exercise when it's cold outside is one of the best ways to stave off winter doldrums.

Here are some tips to help stay active and fit during the winter:

If you get your exercise by walking, take it indoors. Use a treadmill or indoor track -- or take your "power walk" at the mall early in the morning before the crowds arrive.

Join a health club or your local YMCA. You'll find stationary bikes, weights, handball and volleyball courts, and you may even meet new exercise buddies to help keep you motivated.

Indoor swimming is a great way to achieve and maintain all-round fitness.

Rent, check out from the library or purchase an exercise video -- and use it every day.

Sign up for an exercise class. In most communities, you'll find a variety of options, from kick-boxing to yoga.

Invest in some home exercise equipment. While treadmills and rowing machines can be costly, the investment will pay huge health dividends.

Take up a winter sport. If you're ambitious, try downhill skiing or snowboarding. If you want to play it a little safer, try cross-country skiing or ice skating.

For more ideas and information, go to the Web site of the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov) and type the words "physical activity" in the search box.

Another challenge to staying fit in the winter is maintaining a healthy diet. The best defense against gaining unwanted pounds in the winter is identifying healthy eating guidelines and making a plan to follow them.

Don't forget all the tips and recommendations from the CHFS 5 A Day Challenge nutrition program and remember calories in-calories out: don't take in more calories than you burn. Stick to low-fat food choices, control your portions and choose low-calorie, nutritious snacks for between meals and when the winter blues send you racing for the fridge.

Keep reading the CHFS Focus on Wellness for upcoming features on how to survive the holidays without blowing your progress toward a healthier you.

Thanks to Joyce Jennings, director of the Division of Women's Physical and Mental Health for providing these winter fitness and wellness tips.

## Give Quitting a Try

Great American Smokeout is Nov. 17

Quitting smoking can be a difficult task, but breaking difficult tasks down into smaller chores can sometimes make things easier. That's why the Tobacco Prevention and Cessation Program is encouraging CHFS smokers to consider quitting for one day – Nov. 17, to be specific – in observance of the Great American Smokeout.



Participating in the Great American Smokeout can be a first step toward quitting altogether and provide some unexpected bonuses:

- You won't have to deal with the inconvenience of leaving your workstation, someone's home, your own home, a restaurant or other place to smoke.
- Twenty minutes after quitting smoking, your blood pressure will drop to a level close to what it was before your last cigarette. The temperature of your hands and feet will increase, returning to normal.
- Eight hours after quitting smoking, the carbon monoxide in your blood will drop to a normal level.
- Twenty-four hours after quitting smoking, your chances of having a heart attack decrease.
- Skipping cigarettes also saves cash. The money you would have spent on cigarettes Nov. 17 can stay in your pocketbook or wallet.

You won't smell like an ashtray for at least one day.

The Tobacco Prevention and Cessation Program maintains a display rack in the front lobby of the CHR Building with informative brochures and other materials about the health risks of tobacco use and tips to help you quit. Stop by any time and arm yourself with information.

Smokers can take advantage of many effective methods to quit smoking. Efforts to stop smoking tend to be more successful when several methods are combined – like support from friends and family members, nicotine replacement products, counseling and guide books. The Kentucky Quit Line is another helpful and convenient tool for those interested in getting help kicking the habit. The line is open 9 a.m. to 9 p.m. each day. Call 1-800-QUIT-NOW (1-800-784-8669) to talk to a counselor about quitting smoking.

CHFS employees also can stop by the Great American Smokeout information table in the CHR Building lobby all day on Nov. 17 for information on how to quit and the health effects of tobacco use.

Created in 1977, the Great American Smokeout is sponsored by the American Cancer Society to encourage smokers to give up cigarettes for an entire day. The ultimate goal is to encourage more people to quit smoking for good. The event also promotes various ways to quit using tobacco.

For more information on the Great American Smokeout, visit [www.cancer.org/docroot/PED/ped\\_10\\_4.asp?sitearea=PED](http://www.cancer.org/docroot/PED/ped_10_4.asp?sitearea=PED).

## Weight Watchers group helps CHFS staff drop pounds

Anyone who's ever tried to lose a few pounds knows it can be a challenge. But with the right plan – and support system – pounds often melt away faster and in a healthier way.



CHFS' Weight Watchers @ Work program has applied this philosophy to help its 21 members succeed in making progress toward their weight loss goals.

According to Paula Wade, coordinator for the CHR complex group, "Weight Watchers @ Work is a perfect fit for Cabinet employees looking for an effective weight loss program to fit into their lifestyle.

"The design is great," said Wade, talking up the already successful weight loss approach.

Collectively, the CHFS group has lost 229 pounds since the program began earlier this year. Four members already have achieved "lifetime member" status, meaning they have successfully met their weight loss goals and no longer have to pay fees to attend meetings.

Wade, who joined in March, has lost 34 pounds.

Toni Bryant leads the CHFS group which meets from 12:30 to 1:30 p.m. every Wednesday in the cafeteria.

Anyone who works in this building can attend. All ages and genders are welcome.

The program is simple, Wade said. Weight Watchers emphasizes paying attention to the amount of food consumed along with basic principals like eating healthy foods and getting regular exercise. "It's portion control and learning what is good for you," said Wade. "Nothing is denied."



By joining the CHFS group, Weight Watchers members are able to fit a highly effective weight loss program into their work schedule. Wade said the organization launched the “at work” concept a few years ago to meet the needs of an over-extended population.

Furthermore, the CHFS cafeteria provides Weight Watchers-friendly meals, lists the ingredients of dishes, serves healthy snacks and will even weigh food for Weight Watchers members checking their portion sizes.

Another bonus for “at work” members is waiving of the registration fee. Instead, CHFS members pay in advance for an 11-week session. Those who join in the middle of a session, can pay a prorated fee and members can join at any time.

If you’re still not sure about joining, prospective members are encouraged to drop in on a weekly group meeting for more information. Wade, contending she’s watched her self-esteem and energy level skyrocket since her weight loss, strongly suggests you do so.

“It’s pretty cool,” she said.

For more information on the CHFS Weight Watchers @ Work group, call Wade at 564-2168 ext. 4330.

## Dental hygienists got tough on tobacco use

The state’s dental hygienists took advantage of the month of October to raise awareness about the harmful effects of tobacco as part of Dental Hygiene Month.



Each year practitioners in the dental hygiene field use Dental Hygiene Awareness Month to educate the public about different dental health issues. This year, they focused on the link between tobacco use and heart disease.

The effort is sponsored by the American Dental Hygienists Association, the largest professional organization for dental hygienists in the United States.

Scientific research repeatedly has shown people who use tobacco products, including cigarettes and “smokeless tobacco,” are at a greater risk for heart disease than those who don’t use tobacco.

Following 2004’s tobacco cessation theme, this year’s dental hygiene oboerance explored the relationship between tobacco use and the increased prevalence of heart disease, and how they are linked to oral health.

## Cabinet, First Lady promoted breast cancer awareness

Women who have never had a mammogram and those who rarely go for breast cancer screening were the target of Kentucky’s efforts during Breast Cancer Awareness Month, observed throughout October. The goal of breast cancer awareness month is to get the word out about the advantages of early breast cancer detection and treatment.



First Lady Glenna Fletcher, Secretary James W. Holsinger, M.D. and the Cabinet for Health and Family Services helped encourage women across Kentucky to take an active role in prevention by simply calling their doctor and scheduling an exam.

“Only a few years ago, a diagnosis of breast cancer left a woman with little hope of recovery,” said Mrs. Fletcher. “But today, with the help of early detection tests and emphasis on awareness, we are saving more lives than we were five years ago. Let’s all remember and remind our loved ones of this important fact.”

In Kentucky, 3,320 women were diagnosed with breast cancer in 2002 and 651 women died from breast cancer. The American Cancer Society predicts approximately 3,290 new cases of breast cancer will be diagnosed in Kentucky this year.

Early detection and prompt treatment can significantly reduce suffering and death from breast cancer. By law, all health plans must cover mammograms. Medical guidelines strongly recommend that women older than 40 have annual mammograms and women younger than 40 with a family history of breast cancer also get regular screenings.

The Kentucky Women’s Cancer Screening Program in the Cabinet for Health and Family Services focused its October awareness-raising campaign on women who have never had a mammogram or Pap test and those who haven’t been screened in five years or longer.

“Never and rarely screened women aren’t at any greater risk for breast cancer than women who get regular

screenings; but, they do run a far greater risk that the cancer will progress to a stage where it's difficult to treat and their odds of recovery are low before they seek medical attention," said Ruth Ann Shepherd, M.D., director of the Division of Adult and Child Health Improvement in the Cabinet's Department of Public Health.

The Kentucky Women's Cancer Screening Program provides screening mammograms and Pap tests to eligible women through local health departments in every county. To qualify for the program, women must be uninsured with incomes less than 250 percent of federal poverty guidelines. Annual screening mammograms are available to women ages 40-64 and women younger than 40 who have a family history of breast cancer.

Last year KWCSPP provided screening mammograms to 13,377 women in collaboration with local health departments.

The KWCSPP worked with local health departments and women's health advocates to encourage all women ages 40-64 or younger women with risk factors for breast cancer to make an appointment to get a mammogram and a Pap test – and to keep that appointment. Some screening facilities offered low-cost mammograms during Breast Cancer Awareness Month.

"Sometimes all it takes is a little gentle persuasion from a loved one for a woman to find the time or overcome her fear or reluctance and go for a mammogram," said Brenda Combs, KWCSPP recruitment coordinator. "That's why we try to get our message out about early detection and regular screenings to spouses and significant others, children, parents, co-workers, even neighbors and community leaders who can often influence the women in their lives and in their communities better than doctors or advertisements."

For more information about breast cancer or screening services, call your local health department or 1-800-4CANCER.

### Everyone encouraged to get flu vaccine

The Kentucky Department for Public Health is recommending that health care providers, including local health departments, expand their flu vaccination programs to



include anyone who want to be vaccinated, in addition to high-risk groups.

Recently, DPH recommended that health care providers follow the Centers for Disease Control and Prevention (CDC) guidelines by prioritizing flu vaccine supplies to serve high-risk groups, such as the elderly and chronically ill. While DPH continues to strongly emphasize the importance of vaccinating high-risk groups, guidelines now advise that anyone who wants a flu shot may receive one. Healthy people 5 to 49 years old, including health care workers and others in close contact with high-risk persons, may receive the nasal spray vaccine instead of a shot if they choose.

"Early season prioritization was necessary to make sure our most vulnerable individuals received vaccinations should a shortage occur," said William Hacker, M.D., public health commissioner. "Fortunately, the CDC indicates that an adequate supply of flu vaccine is anticipated for the upcoming flu season. Therefore, we strongly encourage everyone to be vaccinated against flu."

Kentucky's health departments should receive the remainder of their vaccine shipments no later than the second week of November.

"There is still plenty of time left before the onset of flu season to get vaccinated," Hacker said. "If your health care provider doesn't have enough vaccine right now but is expected to receive more, individuals are advised to check again later since vaccine will continue to be shipped by manufacturers for several more weeks."

Kentuckians should contact their health care providers to check on availability and schedule an appointment for vaccination.

For more information on the 2005-06 flu season, visit the CDC's Web site at <http://www.cdc.gov/flu/>

### Oct. 23-27 was "Put the Lid on Lead Week"

Health officials across the country dedicated the final days of October to emphasize the dangers of exposure to lead, one of the most significant health risks for young children.

Gov. Ernie Fletcher issued a proclamation designating Oct. 23-29 Lead Poison Prevention Week in Kentucky and the observance featured a series of events billed as "Put the Lid on Lead Week."

Coordinated by Cabinet for Health and Family Services staff, the week included information sessions on the dangerous repercussions of prolonged exposure to lead and how to prevent lead exposure.

Exposure to lead can cause a variety of health problems, including the loss of IQ points, hearing loss and liver and kidney damage.

“Lead poisoning remains a very real threat to the health and well-being of Kentucky’s children,” said Ruth Ann Shepherd, M.D., director of the CHFS Division of Adult and Child Health Improvement. “If we are to be successful in our goal of eliminating lead poisoning, it will take a coordinated effort on the part of all Kentucky’s public health and health care professionals. That effort starts with screening our most vulnerable and at-risk populations.”

Every year, approximately 310,000 children across the United States are poisoned by exposure to lead in the environment. To help eliminate lead poisoning in Kentucky, the Kentucky Childhood Lead Poisoning Prevention Program recommends children be tested at ages 1 and 2 (and any time up to age 6 if not previously tested).

Only health care providers can test for lead poisoning in children, so parents and other custodial caregivers are encouraged to ask for a lead test for their children. Health officials also stress the importance of lead-safe working conditions when undertaking construction or home repair projects where lead could be present.

Exposure to paint or dust containing lead is the most common way children become lead poisoned. Paint containing lead is commonly found in homes built before 1978. Other products that may contain lead include some vinyl mini blinds made before 1996; fishing sinkers; batteries; firearm ammunition; and some home remedies for upset stomach such as Azarcon and Greata. Certain occupational conditions also may cause exposure to lead that workers can bring home in the form of lead dust or particles, thereby exposing children. Industries commonly associated with lead are battery manufacturing and recycling, bridge and tank construction, scrap metal recycling and firing range work.

Prevention week events included informational sessions on prevention efforts statewide, distribution of lead poisoning prevention materials, workshops for property owners, health fairs for parents and blood tests for young children.

CHFS staff coordinated with health departments in four key areas of the state – Cumberland Valley, Louisville/Metro, Northern Kentucky, Purchase and Montgomery County - to get the message out. They used a

range of strategies, from printing information about lead poisoning on the liners of trays at fast food restaurants to radio public service announcements. Staff even handed out information on lead poisoning at the Louisville Zoo’s Halloween party.

For the CHFS program staff, lead poisoning prevention is a year-round endeavor. In addition to planning and promoting “Put the Lid on Lead” week, staff also coordinates regular education courses for contractors and employees in the home improvement business in addition to their many public education and marketing programs. They also coordinate lead poisoning prevention efforts with health departments throughout the state.

For more information on childhood lead poisoning prevention contact the Kentucky Childhood Lead Poisoning Prevention Program at (502) 564-2154 or visit [www.putthelidonlead.org](http://www.putthelidonlead.org). For general information about lead exposure or testing your home for lead hazards, contact the National Lead Information Center at 1-800-424-LEAD (5323), or visit [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead).